

### ABSTRACT

A height adjustable protective garment including an outer shell shaped to fit about the chest, torso and legs of a wearer and having a waist portion shaped to be located at or adjacent to a waist of a wearer. The garment further includes an adjusting strip having an attachment portion directly or indirectly coupled to the outer shell and a free end which is generally spaced apart from the attachment portion. The free end is releasably attachable to the outer shell or to the strip of material to adjust the height of the protective garment, and the adjusting strip is located at or adjacent to the waist portion.